

Nutrition And



Update



July 2002

Are You Looking Forward to KWIC?

Martha Hagen, Automation Consultant



Below are comments by local agency and State staff regarding the new KWIC system. Do any of these reflect your feelings about KWIC?

"I'm looking forward to paperless charts - no more filing!" Mary Ann Parkin, WIC Coordinator, Franklin County

"I'm looking forward to not having the onslaught of voucher pickup." Janine Messersmith, WIC Coordinator, Lyon County

"I'm looking forward to no boxes of vouchers getting lost on the UPS truck. Checks can be printed as needed." Sandi Reichenberger, WIC Coordinator, Sedgwick County

"I'm looking forward to personalized letters printed out at the touch of a button." (They can be personalized in Spanish too at the push of a button!) Marsha Thiesen, Clerk, Harvey County

"I'm looking forward to no more toting of huge boxes of charts to traveling clinics." Judy Widner, WIC Coordinator, Crawford County

"I'm looking forward to doing a large portion of a ME review at my desk on my computer." Mary Ann Gabel, State WIC Staff

Nutrition and WIC Services

smoother and more efficiently in a small health department because we will not be scheduled by voucher cycles but be able to be more flexible in setting our own schedule." Barb Johannsen, RN, Meade County

"I'm looking forward to lots of information available at the push of a button, especially food dollar expenditure information." Dave Thomason, Director, Nutrition and WIC Services Section

Creative Staff Inservice Ideas

Thanks to Judy Widner, WIC Coordinator, Crawford County, for providing this staff training idea.

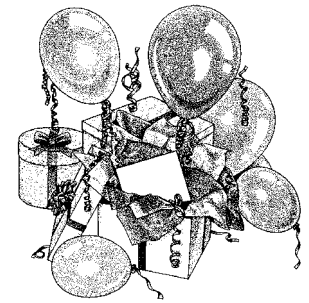
One opportunity to provide inservice training for WIC staff is to use the local agency chart review form located in the PPM Resource Manual. Our agency had each WIC staff member review one chart. I asked everyone to randomly pull a client chart to review with me in a one-on-one meeting. We went through the whole WIC chart for a certification appointment. We looked at every item on the review form, even if a task was not one assigned to that staff member. This proved to be beneficial to point out any common errors made by WIC staff and gave an opportunity to review the requirements on each chart. Staff members liked this activity and found it very eye-opening. I will definitely do this type of review with staff again.

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I'm looking forward to a WIC clinic that will run

Door Prizes a "Winner" at WTM

The door prizes were definitely a hit at the WIC Technical Meeting held in Salina on April 29 and 30. Below are the lucky individuals who went home with a special treat. Thanks to all who donated items to this event.



#	Donated by	Item	Winner
1	Mary & Martha	Bird Houses	Angie Watts, Irma Benavidas, Alma Ibarra, Alice Greig
2	Butler County	An Enchanted Evening	Chuck Murphy
3	Mary Washburn	Breast Pump / Baby Blanket	Mandy Gaskin
4	Meade County	Tortilla Basket	Shirley Burkholder
5	Sedgwick County	WIC embroidered t-shirt	Vickie Hayes
	Sedgwick County	WIC embroidered t-shirt	Lisa Padilla
6	Sedgwick County	WIC Embroidered bag	Rhea Kay Daise
7	Neosho County	Bath Basket	Sandy Walton
8	Geary County	Vanilla & Chocolate	Beverly Frizell
9	Crawford County	Chocolates	Jo Kriley
10	Kiowa County	Tootsie Rolls and Candle	Marilyn Kuhn
11	Cowley County	Cookbook	Barb Herrman
12	Cherokee County	Kitchen Basket	Rosemary Boswell
13	Jan Albrecht	Tony's Pizza Basket	Linda Meisenheimer
14	Greenwood County	Bath Basket	Janet Schwab
15	Lincoln County	Geranium Basket	Sue Russell
16	Elk County	Flowerpot candy bowl	Kim Heiman
17	Ellsworth County	Stacked Drawers	Karen Savage
18	Osborne County	Placemats/box	Leanna Binns
19	Randy & Jonny Volz	Music Box	Alice Renn
20	Mary Ann Gabel	Needlework	Jeanne Ritter
21	Pat Dunavan	Needlework Basket	Kris Gerstenkorn
22	Sandy Perkins	Antique Kitchen ware	Deb Kruse
23	Pat Dunavan	Pasta Basket	Carolyn Maxwell
24	Crawford County	Metal Basket	Marcia Jensia
25	Medela	Breast Pump	Laura Drake
26	Lyon County	Edible Plant Garden	Karen Oller
	Lansing	Breastfeeding Kits	Lorraine Baughman, Judy Larsen, Karen Savage, Stephanie Wineinger, Lisa Waters, Kelli Glunt
	Libby Rosen	Mother-Baby Bear	Barbara Conus
	Libby Rosen	Mother-Baby Bear	Ruth Miller

Local Agency News



We welcome these new staff:

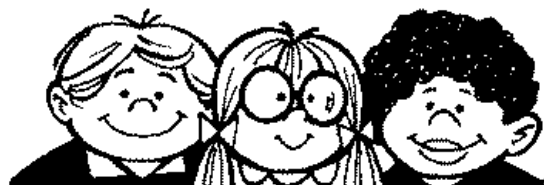
Butler County: Stephanie Cundith, RD
Ford County: Victoria Villegas, clerk
Ford County: Alicia Guzman, clerk
Geary County: Mary Guthrie, clerk
Hodgeman County: Kelli Glunt, RN
Lane County: Carolyn Maxwell, RN
Leavenworth County: Sandy Walton, clerk
McPherson County: Diana Moore, WIC Assistant
Pratt County: Alma Ibarra, clerk
Russell County: Paula Florian, RN
Russell County: Theresa Heinrich, clerk
Shawnee County: Patricia Tiller, clerk
Southwest KS WIC: Deyna Ontiveros, clerk
Southwest KS WIC: Lisa Padilla, clerk
Southwest KS WIC: Lana Hands, RN
Wyandotte County: Kimberly Carr, clerk
Wyandotte County: Diana Alvarado, clerk

We say goodbye to these old friends:

Ford County: Rosie Hernandez, clerk
Ford County: Edith Rojas, clerk
Hodgeman County: Sheila Starrett, RN
Lane County: Dana Shapland, RN
Leavenworth County: Eileen Bochsler, Coordinator
Pratt County: Glenda Houdyshell, RN
Riley County: Beth Gallaher, RD
Riley County: Kris Walahoski, RD
Russell County: Deborah Whitmer, RN
Southwest KS WIC: Janice Yancheson, RN
Southwest KS WIC: Brenda Hernandez, clerk
Southwest Kansas WIC: Maria Saldana, clerk
Wyandotte County: Lorretta Cole, clerk
Wyandotte County: Sarah Soptic, clerk

County on her marriage to Dean Quick on
December 29th.

Congratulations to Heather Wallace on the birth of
her son, William Scott Wallace on February 13.



US

DA Study of Overweight Among WIC Children

Pat Dunavan, Nutrition Education Specialist

USDA has recently published a study entitled "The Prevalence of Overweight Among WIC Children". This report examines the prevalence of overweight among children 12-59 months of age participating in the WIC program using data from the 1992, 1994, 1996, and 1998 WIC Participant and Program Characteristics studies, along with information on participant demographics and nutritional risk characteristics. Overweight prevalence was measured using the National Center on Health Statistics (NCHS) May 2000 revised growth charts. Based on these charts, overweight prevalence increased from 11% in 1992 to 13.2% in 1998, a 20% increase. Boys had a higher overweight prevalence than girls, while the prevalence for girls rose faster than for boys during this period. The prevalence for girls rose from 10.3% to 12.4%, an increase of 22.3%. For boys, prevalence increased from 11.6% to 13.9%, an increase of 19.8%.



Congratulations to Kelly Holt, RD in Johnson

Highlights of the study's findings on WIC children include:

- C Overweight varies by age, gender, and race/ethnicity and mirrors trends in the population as a whole.
- C Overweight prevalence varies significantly by racial/ethnic group. Native Americans and Hispanics have the highest rates of overweight prevalence among all racial/ethnic groups. From 1992 to 1998, overweight prevalence increased among all racial/ethnic groups, with whites and blacks having the smallest increase and Hispanics having the largest increase.
- C Overweight prevalence varies by State, and by FNS Region. Northeast and Western regions have the highest rates of overweight prevalence; the Mountain Plains Region (which includes Kansas) has the lowest.
- C Analysis of the nutrition risks of overweight children shows that most overweight children have other risks in addition to overweight status. In 1998, only 11.1% of overweight children (in States reporting all risks present at certification) have no other risk factors.
- C The other risks most commonly reported in overweight children are low hemoglobin or hematocrit, and inadequate or inappropriate dietary levels. Twenty four percent of overweight children have low blood iron levels and 65% of overweight children are reported as having inadequate or inappropriate dietary intake at their most recent WIC certification.
- C The incidence of clinical risks is similar for overweight children and other children. Sixteen percent of overweight children have an anthropometric risk in addition to overweight, including short stature or inappropriate growth.

Reasons for the increasing prevalence of overweight

among WIC children are not fully understood. To some extent, this phenomenon mirrors trends in the

general population; there are more overweight adults and preschool children today than there were several years ago. Regardless of the reasons for the increase in overweight, these findings demonstrate that overweight is becoming an increasingly important issue for the WIC Program nationally, and suggests a need to examine and strengthen WIC's approach to dealing with this serious long-term health problem. To read either the executive summary or the full text of the report, see the USDA web site at:

<http://www.fns.usda.gov/oane/MENU/Published/WIC/FILES/overweight.htm>



Nutrition News Focus - A Review

Patrice Thomsen, Program Consultant

Would you appreciate current nutrition information that was presented in easy-to-understand language? Would you like it to come to your e-mail every weekday printed in a couple of paragraphs? Would you like there to be a link to the research article or report? Then perhaps Nutrition News Focus is something you should consider.

Dr. David Klurfeld tries to make nutrition news understandable and relevant in short, daily e-mail tips. I find that he succeeds very well in this goal. I often use these messages to explain complex nutrition concepts. It also is a good way to keep up on current issues because the topics are usually research being reported in the news. I especially like that there often is a link back to the original article. Items related to new research always include a very practical aspect related to "What does this really mean?"

Dr. Klurfeld, alias “Your Advisor”, is Professor and Chairman of the Department of Nutrition and Food Science at Wayne State University in Detroit. He also is Editor in Chief of the Journal of the American College of Nutrition and an active researcher in the area of nutrition. The Nutrition News Focus website makes it very clear that this is a private enterprise and is not connected with Wayne State University.

The web site address is <http://www.NutritionNewsFocus.com>. This simple site includes information on how to subscribe to the daily e-mail item, links to some great nutrition sites, and searchable archives of past items. It also has information such as “Who We Are” and “Financial Disclosure”.

In summary, there may be days when I scan the Nutrition News Focus message and quickly delete it as something I already know. But there are many more days when I see a new study on a “old” topic, gain a more clear understanding of a concept, or learn something about a very new item. I believe this resource is worth trying.



Check This Out!

Pat Dunavan, Nutrition Education Specialist

<http://www.kdhe.state.ks.us> Has it been awhile since you visited the KDHE web site?? Give it a browse; it's beginning to take on a brand NEW look.

<http://www.cfsan.fda.gov/~dms/flquiz1.html> FDA's Office of Nutritional Products, Labeling, and Dietary Supplements has developed a fun and easy interactive food label quiz. The quiz provides an entertaining way for consumers to learn how to use the food label for healthy eating.

<http://www.nal.usda.gov/fnic/pubs/bibs/gen/holiday.html> The Food and Nutrition Information Center has a new online resource list entitled “Holiday Food and Nutrition Resources”. This publication provides ideas for preparing nutrition education theme events during holidays or celebrations. The information addresses diverse food related celebrations from African, Asian, Christian, Hindu, Jewish, Mexican, Muslim and Native American cultures.

<http://www.bcm.tmc.edu/cnrc/childweight.pdf> Your Child's Weight, a brochure for parents from Baylor's Office of Health Promotions is now available online in both English and Spanish versions.

The brochure outlines common causes of weight problems in children and offers suggestions on how to deal with weight issues as a family.

<http://www.nal.usda.gov/foodstamp> is the web address for the new Food Stamp Nutrition Connection. At the web site, you will find nutrition tools and information specifically addressing the needs of low-income audiences. Major sections of the site include a training center, resource library, hot topics A-Z, and program facts.

www.healthfinder.gov/espanol, the new site of Health and Human Services, creates an easy-to-use Spanish language consumer resource. The site offers both a Spanish text search and a list of topics in Spanish that can be browsed. The site makes it easy for users to switch between Spanish and English versions of the same information.

<http://fp.enter.net/~rburk/crockpot/crockpot.htm>

Want healthy, low fat slow cooker recipes for your participants? Try this site for new ideas.

http://www.foodandhealth.com/links/Nutrition/Jokes_and_Quotes Need an icebreaker or ideas for your next presentation? Then check the five links listed in this section of the web site. There are some fun ideas for your next nutrition education lesson.



New Position Paper On Breastfeeding

Mary K. Washburn, Breastfeeding Coordinator

The American Academy of Family Physicians (AAFP) has posted their brand new position statement on breastfeeding on their website:

<http://www.aafp.org/policy/x1641.xml>

I am sure that you will want to look over this position statement and extensive bibliography. It is worthwhile to share the information with other professional staff within your communities. Following are some statements of interest found in the position statement:

- ' The need for supporting breastfeeding beyond infancy, and benefits of continued nursing even through the next pregnancy and beyond (tandem nursing);
- ' "If a child is younger than two years of age the child is at increased risk of illness if weaned.";
- ' Almost all prescription and over-the-counter medications taken by the mother are safe during breastfeeding;

- ' Documented benefits of breastfeeding for employers, along with specific guidelines for setting up a breastfeeding-friendly workplace;
- ' Importance of breastmilk for preterm infants, along with the special support mothers of preterm infants need;
- ' The value of breastfeeding for adolescent mothers, and the need for special support of breastfeeding teens;
- ' The importance of breastfeeding for adoptive mothers and mothers of multiples;
- ' Dealing with diverse populations...the need for reducing disparities in breastfeeding among ethnic groups, the challenges our society faces, and practical strategies for developing cultural sensitivity among physicians;
- ' In-depth guidelines for medical school programs and residency programs, including clinical topics and experiences that need to be included in these programs;
- ' The need for eliminating formula company literature; and
- ' The role of the family physician in promoting breastfeeding throughout the community.



Clarification of Milk Processing Terms

Patrice Thomsen, Program Consultant

Jane Byrnes-Bennett, with Midwest Dairy Council,

was pleased to be able to speak with so many of you at the WIC Technical Meeting exhibits. She asked us to provide this clarification of terms to be sure there was no misunderstanding about some of the milk products that she exhibited in her booth.

Ultra-pasteurization is the process of heating milk to a higher temperature than that used for pasteurization in order to extend the shelf life of the product under refrigeration. Jane had examples of this type of processing in individual portion sized packaging. These products might particularly be found in convenience stores. The idea is that you could buy them to have as an “on-the-go” milk drink and keep them longer in your refrigerator than regular milk. This product **must** still be continuously refrigerated.

UHT or Ultra High Temperature milk is processed much like ultra-pasteurized milk, but is packaged in sterilized containers. It can be stored without refrigeration up to three months. Once it is opened, it should be refrigerated.



Survey Finds Kansas Leads Nation in Folic Acid Awareness

Awareness of folic acid was higher in Kansas than it was nationally. In Kansas, 65% of people were aware of folic acid, according to a study, conducted for the March of Dimes by the Gallup Organization. The survey found that nationally awareness of folic acid is 63%, up from 59% a year ago. Among women of child-bearing age (18-44) awareness rose to 74% nationally, up from 68% a year ago. The level of awareness of women of child-bearing age is 79% in Kansas.

Folic acid has been shown to prevent certain birth defects if taken by women before pregnancy. Research also suggests that folic acid may help prevent heart disease and some cancers in both women and men. When the survey asked about taking a folic acid supplement or a vitamin containing folic acid on a daily basis, nationally

26% of participants responded positively, while in Kansas 24% of those surveyed report taking daily folic acid.

The survey found that both awareness and consumption of folic acid were correlated to the respondents' income and education. Nationally, those most likely to know about and take folic acid were white, female, college graduates. In Kansas, the leading source of folic acid information most commonly came from print sources. The second source of folic acid information came from physicians and the third source of folic acid information came from radio and television.

For more information on this survey or the March of Dimes, visit the national web site at www.marchofdimes.com or visit the local web site at www.marchofdimeskc.org.



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